

# VERMONT'S 18<sup>th</sup> ANNUAL BRAIN INJURY CONFERENCE



## Sponsored by:

Brain Injury  
Association of  
Vermont

Fanny Allen  
Rehabilitation  
Center

Lenny Burke  
Farm, Inc.

Riverview Life  
Skills Center,  
Inc.

Division of  
Disability and  
Aging  
Services  
(DDAS)

PRIDE, Inc.

Rutland  
Regional  
Medical  
Center,  
Rehabilitation  
Unit

Courtney and  
Victoria  
Buffum  
Family  
Foundation

# Healing to Wholeness

WEDNESDAY, OCTOBER 11, 2006

AND

THURSDAY, OCTOBER 12, 2006

KILLINGTON GRAND CONFERENCE CENTER

KILLINGTON, VERMONT

*Featuring  
Professional  
Tracks and  
Continuing  
Education Units*

## Keynote Speaker



**Trisha Meili**

### **Nationally acclaimed Speaker, Author, and TBI Survivor**

Trisha, MBA, worked as an associate at Wall Street Investment Bank Salomon Brothers until her violent attack. She later returned to that position, became VP, and worked there for another 8 years. She ran "The Bridge Fund of New York, Inc." and then wrote her story. Trisha has received several awards for her achievements including acting as the Olympic Torchbearer in NYC.

***Sponsored by the Courtney and Victoria Buffum Family Foundation***

**This conference is designed to provide education and support to individuals with brain injury, families, and professionals.**

**Continuing Education Units (CEUs) are available.**

## PROGRAM SCHEDULE

# "Healing to Wholeness"

**Wednesday, October 11, 2006**

- 1:00 – 4:30 **Eastern Meets Western Medicine ... Alternative Approaches to Behavioral Challenges in Brain Injury –**  
Presented by Francis Kalibat, MD & Timothy Wargo, MD
- 1:00 – 4:30 **Neuro-Optometric Rehabilitation –**  
Presented by Robert S. Fox, O.D.
- 5:00 – 6:30 **Welcome Reception in the Penthouse Suite**

**Thursday, October 12, 2006**

- 8:00 – 9:00 **Registration & Coffee -** *Please visit our vendor booths*
- 9:00 – 9:15 **Welcome & Opening Remarks -** Theresa Wood, Deputy Commissioner  
DAIL & Invited Guest Governor Jim Douglas
- 9:15 – 10:15 **Keynote – Trisha Meili**  
*Trisha is the author of the best-selling memoir I Am the Central Park Jogger: A Story of Hope and Possibility. She will speak not on the brutality of the crime but on the road back to recovery and putting life back together; not just of survival but of overcoming and going beyond all expectation to a new life and new pursuits, a TBI survivor's perspective on "Healing to Wholeness."*
- 10:15 – 10:30 **Break -** *Please visit our vendor booths*
- 10:30 – 11:45 **Survivor and Caregiver Panel -** *Individual testimonies of the challenges of recovery and a celebration of achievements. Moderator: Emmie Burke & Rev. Richard Marceau*
- 11:45 – 1:15 **Lunch, Awards, and Networking -** *Invited Guest - Brian Dubie, Lt. Governor; Awards presented by Mary Willmuth, PhD.*
- 1:15 – 1:45 **Book Signing -** *with Trisha Meili ~ I am the Central Park Jogger*
- 1:45 – 2:45 **Workshops – Session I**
- 2:45 – 3:00 **Break –** *Please visit our vendor booths*
- 3:00 – 4:00 **Workshops – Session II**
- 4:00 **Conference Ends**

**Location:** The Killington Grand Resort & Conference Center is located at 228 East Mountain Road, Killington, Vermont. Call (888) 64-GRAND or visit [www.killington.com/killingtongrand](http://www.killington.com/killingtongrand) for directions

**WEDNESDAY - OCTOBER 11, 2006**

***Professional Tracks***

***TRACK 1***

**Wednesday, 1:00 – 4:30**

**Eastern meets Western Medicine... Alternative Approaches to Behavioral Challenges in Brain Injury**

***Francis Kalibat, MD & Timothy Wargo, MD***

Alternative drugs, nutritional therapy and mind-body treatments have long been considered as options to traditional medications for handling anger and aggression.

Based on their individual specialties, this discussion will address:

- Fits of anger and aggression and the use of anti-convulsants;
- Changing our relationship with our ego as a way to managing stress;
- Experiential exercise in grounding as stress management;
- Use of meditation, breathing through biofeedback techniques, including Emotional Freedom Techniques as well as guided imagery;
- Energy work including Reiki and Chi-gong;
- Nutritional aspects of therapy.

This workshop is recommended for physicians, psychiatrists, psychologists, nurses and other professionals working with brain injury.

***TRACK 2***

**Wednesday, 1:00 – 4:30**

**Neuro-Optometric Rehabilitation**

***Robert S. Fox, O.D.***

***Fellow, College of Optometrists in Vision Development***

Visual complaints, such as double vision, blurred vision, visual field loss, and visual perception problems, are common in the patient with acquired brain injuries. These deficits can become major roadblocks in the rehabilitation process. Neuro-optometric rehabilitation is a behavioral approach to the care of these patients. Lenses, filters, prisms, selective occlusion, and visual rehabilitation therapy, as used by the optometrist, greatly enhance comfort and performance. This results in improved outcomes for the TBI and CVA patient in the rehabilitation setting.

In this course, Dr. Fox will discuss the various visual skills involved in efficient vision and how to better detect deficits in the visual system. The proper techniques of visual assessment will be demonstrated, as will some procedures to better enhance the rehabilitation of the visual system in concert with optometric care.

# THURSDAY - OCTOBER 12, 2006

## WORKSHOPS

**SESSION I: 1:45 – 2:45**

**Thursday, October 12<sup>th</sup>**

<b>A.</b>	<b>Brain Injury Recovery Kit &amp; Organizational Skills</b> – Learning how the "four keys" can help you address the changes that make getting through the day less difficult; demonstrating how to address the experience with realistic hope; and how through acceptance you can start on a road of "recovery" according to your own unique needs.	<i>Lisa Keller</i>
<b>B.</b>	<b>Caregivers' Support Group</b> – Learning strategies to avoid burnout, motivational strategies and self care.	<i>Barb Winters</i>
<b>C.</b>	<b>The Power of Human Creativity</b> – This experiential workshop will provide participants an opportunity to create strong survival tools through guided imagery, art, and relaxation by linking human creativity with life crisis and developmental changes. <i>Same workshop offered at both sessions, please do not sign up for both.</i>	<i>Virginia Fry</i>
<b>D.</b>	<b>Driver Rehabilitation</b> - Answering the 5 W's of driving rehab: Who decides if I can drive, What can I do in the meantime, Where do I go to find information, training, and help about driving, When can I drive again, Why shouldn't I just get in my car and go, and more!	<i>Miriam Monahan</i>
<b>E.</b>	<b>Survivors' Support Group</b> – Sharing successes and brainstorming challenges with a focus on holistic supports.	<i>Jennifer Vyhnak</i>

**SESSION II: 3:00 – 4:00**

**Thursday, October 12<sup>th</sup>**

<b>F.</b>	<b>The Power of Human Creativity</b> – This experiential workshop will provide participants an opportunity to create strong survival tools through guided imagery, art, and relaxation by linking human creativity with life crisis and developmental changes <i>Same workshop offered at both sessions, please do not sign up for both.</i>	<i>Virginia Fry</i>
<b>G.</b>	<b>Major Consequences of Mild Brain Injury: A Panel Discussion</b> – Panelists will discuss their firsthand experiences of major life changes that resulted from mild brain injury. Issues of work, school, relationships, and medical care will be included. Moderated by Marsha Bancroft.	<i>Marsha Bancroft, Pam Chicoine, Jane Hulstrunk, &amp; Jim Vyhnak</i>
<b>H.</b>	<b>No Anxiety Approach to Neuroanatomy</b> – An Overview of the Brain and Behavior relationships detailing how specific injuries impact the functioning of physical, cognitive, emotional, behavioral, and social changes following TBI	<i>Mary Willmuth</i>
<b>I.</b>	<b>TBI &amp; Schools</b> – The law and continuum of support programming. A parents' guide to the Special Education maze: eligibility, rights, services, and accommodations.	<i>Linda King</i>
<b>J.</b>	<b>Sowing the Seeds of Workplace Success</b> – Examining the following issues through the experiences of the presenters: discovering your vocational needs; cultivating a nurturing workplace; growing into the job; maintaining the job; and career development.	<i>Bryan Dague, Dale Hindmarsh, &amp; Erin Ward</i>



# REGISTRATION FORM

Name(s): \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Special Needs/Accommodations: \_\_\_\_\_



*Request for sign language interpreters must be received by September 22, 2006.*

## WORKSHOP PREFERENCE

### Wednesday, October 11 – Professional Tracks

Track 1 ☐ OR Track 2 ☐

### Thursday, October 12 – TBI Conference Workshops

Session I: 1:45 – 2:45 ☐ A OR ☐ B OR ☐ C OR ☐ D OR ☐ E

Session II: 3:00 – 4:00 ☐ F OR ☐ G OR ☐ H OR ☐ I OR ☐ J

### **Registration Costs:**

**General Admission** ☐ Wednesday, 10/11 ONLY \$50.00  
☐ Wednesday, 10/11 AND Thursday, 10/12 \$110.00  
☐ Thursday, 10/12 ONLY \$70.00

*(Thursday, 10/12 - 5 or more registrants from same organization - \$60.00 each—MUST be sent together)*

### **Individuals with Brain Injury and Family Members**

☐ Wednesday 10/11 AND Thursday, 10/12 \$90.00  
☐ Thursday, 10/12 ONLY \$40.00

☐ Check if you are requesting a \$30.00 scholarship. **Please include \$10.00 check or money order for remaining fee.**

*(Scholarships are limited to individuals with brain injury and are for Thursday only)*

**\*A limited number of rooms are available at the conference rate of \$95. If you would like a room for October 11<sup>th</sup>, please contact the Killington at (888) 64-GRAND by August 25<sup>th</sup>.**

Please send your registration with check (or request for scholarship) **by September 29, 2006** to:

Samantha Baraw, TBI Program

(Phone: 802-241-3624)

103 South Main Street, Weeks Building

(Fax: 802-241-4224)

Waterbury, Vermont 05671-1601

(Email: Samantha.Baraw@dail.state.vt.us)

**Make checks payable to: DDAS**

**Attention:** If you are interested in having an exhibit at the conference or are interested in being a sponsor of the conference, contact Samantha Baraw (See Above)

# NOMINATION FOR AWARDS

If you would like to nominate someone to receive an award, please fill out the information and send to: Samantha Baraw, TBI Program, 103 South Main Street, Weeks Building, Waterbury VT 05671-1601, **by September 8<sup>th</sup>**.

**\*\*\* Please give as much information and details as possible \*\*\***  
*If you need additional space, please feel free to attach additional pages.*



**Individual with a TBI.** An individual who has assisted other brain injury survivors, has worked at promoting community awareness or support for TBI survivors, and acts as a mentor for others.

Name: \_\_\_\_\_ Reasons you feel s/he should receive an award:



**Caregiver:** An individual who has made positive contributions in the community in assisting individuals with a brain injury.

Name: \_\_\_\_\_ Reasons you feel s/he should receive an award:



**Employer:** An employer who has hired an individual (or individuals) with a brain injury and have been very supportive in making accommodations and being an advocate with the community and with other employers.

Name: \_\_\_\_\_ Reasons you feel s/he should receive an award:



**Professional:** An individual who has been innovative in the treatment of individuals with a brain injury and have advocated changes in the system to improve the quality of treatment.

Name: \_\_\_\_\_ Reasons you feel s/he should receive an award:

## ABOUT THE PRESENTERS

**Marsha Bancroft:** Intake Specialist/Paralegal at Vermont Protection and Advocacy, Inc, Board member and Co-President of the Brain Injury Association of Vermont, and Vice Chair of the State TBI Advisory Board.

**Emma P. Burke:** Proud parent of Lenny Burke (TBI Survivor); Founder and Secretary of HIS (Head Injury/Stroke) Independence Project: Founder and Executive Director of Lenny Burke's Farm.

**Pamela Chicoine:** Mother of a talented 18 year old hockey player who sustained 3 concussions in 11 months.

**Bryan Dague & Dale Hindmarsh:** University of Vermont-Center on Disability & Community Inclusion. Bryan and Dale both provide training and consulting on the issues of employment of people with disabilities.

**Robert S. Fox, O.D.:** A graduate of Rensselaer Polytechnic Institute and the SUNY State College of Optometry, completed a residency in Rehabilitative Optometry at the Northport, VA Medical Center on Long Island. Currently in private practice in Schenectady where his practice is limited to vision therapy and neuro-optometric rehabilitation; on the staff at the Sunnyview Rehabilitation Hospital in Schenectady and the Eddy-Cohoes Rehabilitation Center. A Fellow of the College of Optometrists in Vision Development, a frequent speaker and author in the areas of vision therapy and vision rehabilitation.

**Virginia Fry:** Director of the Hospice Council of VT, the Bereavement Coordinator for CVHH&H, and consultant to the Department of Education and Social Rehabilitation for the State of Vermont.

**Jane Hulstrunk:** TBI survivor, co-facilitates the Montpelier daytime support group. Prior to her accident, she was a computer programmer/analyst for 21 years.

**Francis Kalibat, MD:** Board-certified Psychiatrist, with over 30 years of experience. Co-founder and clinical director of the Institute for Integrative Therapy in Washington, DC. before moving to VT in 1993. Dr. Kalibat is currently in private practice in Montpelier.

**Lisa Keller:** Former RN, author, painter, and co-creator of an environmental educational program, and a mother of an eight year old son. She sustained her traumatic brain injury in a head on collision in 1993 when a policeman was chasing someone else. Creator of the Brain Injury Recovery Kit by DayTimer.

**Linda King, MA, Ed.S:** Ed.S. in Acquired Brain Injury at George Washington University; special educator at Missisquoi Valley Union High School.

**Reverend Richard Marceau:** President of (HIS) Head Injury/Stroke Independence; Director and Vice President of Lenny Burke's Farm as well as the Group Facilitator of Peer and Support Groups.

**Miriam Monahan:** Occupational Therapist, Certified Driving Rehabilitation Specialist, and Driving School Instructor.

**Jennifer Vyhna, MA:** Speech-Language Pathologist, caregiver and individual with TBI, BA and MA in Speech Communication (Disorders).

**Jim Vyhna, MS:** Former Executive Director of the Brain Injury Association of Vermont, individual with TBI.

**Erin Ward:** TBI Survivor. Erin will be sharing her personal experiences of returning to work and changing jobs.

**Timothy J. Wargo, MD:** Board-certified Family practice physician with over 30 years of experience in family medicine. Dr. Wargo is currently in private practice in Waitsfield.

**Mary Willmuth, PhD, ABPP:** Licensed Clinical Psychologist specializing in evaluation, rehabilitation, and treatment of TBI at Otter Creek Associates in Burlington, VT; Clinical Associate Professor in Psychiatry & Psychology at the University of Vermont.

**Barb Winters, BA / Certified Occupational Therapy Assistant:** Co-President of the BIA-VT Board of Directors.

**Theresa Wood:** Deputy Commissioner, Division of Disability & Aging Services, State of Vermont.



AIL47

**Traumatic Brain Injury Program**

Department of Disabilities, Aging and Independent Living  
103 South Main Street, Weeks Building  
Waterbury, VT 05671-1601

PRSRT STD  
U.S. Postage  
PAID  
Permit No. 43  
Barre, VT

**RETURN SERVICE REQUESTED**

*Deadline for Registration  
is September 29<sup>th</sup>!*

**2 Day Conference!**

**Pre-TBI Conference Professional Track  
Wednesday, October 11<sup>th</sup>**

**TBI Annual Conference  
Thursday, October 12<sup>th</sup>**

**Continuing Education Units  
(CEUs) Available**

**Killington Grand Conference Center  
Killington, Vermont**